

Tested Toods The Tribune Institute Tested Tools



canape with or without cress or

shredded lettuce without any

Here again we are reminded

that these fish are food, not trim-

mings. What with 21 per cent

of protein and 22 per cent of fat

you obviously do not want to eat-

heartily of them unless they are

to spoil or make a dinner instead

of acting as an appetizing intro-

d'œuvres from the Russian atyle

their modest idea was rather a

few trays of celery and olives

(ripe or pickled), radishes, thin

slices of sausage and butter (one

butters one's radishes, you know,

in France). And it is not a bad

idea right now. The point we

especially want to make is that

hors d'œuvre, replenished chief-

ly from the can and the market

stand direct, with no fussing and

work, will make a most worthy

addition to the home table, giv-

ing interest, variety, spiciness

and food value with but little

planning and no kitchen drudg-

ery. It's a social thing, too, and

good for the digestion, this lei-

surely approach to the dinner by

poking about in a hors d'œuvre

tray and coaxing both mind and

body into a receptive, expectant

WHAT

TO FEED

A COLD

PINEAPPLE juice, linew, is especially efficial for coids and

Pineapple Sponge

Charles B. Knox Gelatine Co.

When the French took on hors

other preparation.

Easy and Practical Ways to Make Hors d'Oeuvres a Home Habit

Of Foreign Origin and Many Flavors Daintily Served, Their Purpose Is to Tempt the Appetite

Pierce

F FOREIGN origin, the hors d'œuvre course is becoming naturalized and naconslized. Still speaking with an arcent, as it were, it carries with ha fereign tang of the unusual. Many of these relishes are simple to prepare and to serve, and give a fair to a simple meal. There is no reason why the home table should not serve them.

This first course may vary from two or three simple but well chesen appetizers to the most elaborate and intricate chef's creation. The requisite is flavorful food daintily served in small portions to tempt the appetite, with a nice balance between the salty, the spicy, the sour, the crisp and the

In a certain unpretentious restaurant of Swedish extraction you find it in its perfection. A large eval table contains literally dozens of the most delectable dishes, and with a plate in the hand you wander around and make your choice with perfect freedom. A second and even a third time you may return to serve yourself. Such, we are assured, is the custom of the country. Meats in asple, various vegetable salads, fishes of all sorts and two hot dishes, one a fish sonfflé and one a cheese fondue, stand out as unr qual. Such plenituć, aside, one has

only to know the "makings" and how to serve the course, and hors d'œuvres will, become a home favorite both for a plannedin-advance festive meal and impromptu affairs. The habit formed, many everyday foods will prove to be grist for the mill, since the possibilities of variation are infinite. And many a leftover

Sy Bertha N. Baldicin and Anne L. will develop bewitching qualities under this treatment.

A Simple Service

A simple hors d'œuvres tray is the sectional platter, containing, for example, curled anchovies, smoked herring, shredded cabbage salad and thin slices of smoked sausage, crisp celery and balls of sweet butter. Cream cheese softened with milk or cream and mixed with chives is another simple addition to the home tray. Lacking the platter, or an addition to it, a good looking tray with small dishes serves the purpose. The hotel fashion of drawing up a side table carrying many choices may be followed in the home, but arranging the appetizers on the tea cart and so presenting them to one's guests is both graceful and practicable for the hostess who is short on maids.

The entire selection should be presented at once, since, like the pastry tray, the element of choice is one of the features of the course. Also, since the foods are highly seasoned and distinctive, people will have well-defined likes and dislikes, and the tray should be varied with this in view.

For more elaborate trays there are fish butters, salads of fish and vegetables, stuffed eggs with Russian dressing, diminutive timbale cases to hold caviar and minced mixtures, as well as hard-cooked egg whites, and pimento cups, small cucumbers and small pickled

While many of the foods used have high nutritive value, they are usually too highly seasoned to be served in other than dainty portions. However, the hors d'œuvres tables of Russia and Sweden are "groaning boards," and Finck remarks that the performances in these countries along this line "border on the miraculous." In our climate it is advised that this course remain an "appetizer."

Six Flavorful Delicacies for the Home Hors d'Œuvre Platter

tive peoples have been evolved the delicious modern types of dry sausages or bologna. Drying, smoking and seasoning helped to preserve meat that otherwise in olden days would have become unusable. No longer a necessity the process is continued because of the flavor obtained in this way.

Lebanon bologna is made of fresh beef, pure lard, salt and a special spice which gives it its name and character. These are ground carefully, stuffed into large casings which are hung in smokehouses over slow burning hickory fires for a week or two. This treatment dries the product and gives it the typical flavor.

The finished product has a peculiar tang that is intriguingsomewhat like dried smoked beef with the added quality of the spices. Sliced into veritable slivers and cut into quarters or eighths it makes a most appetizing hors d'œuvre. It will serve equally well in sandwiches-we recommend rye bread for these. Cut into thicker slices and diced it can be added to scrambled eggs or omelets, creamed potatoes or used generally as dried beef.

The product showed over onethird protein, one-sixth fat and 2 per cent minerals, with less than one-third water. No preservatives except 6 per cent salt and the smoking. The fat content being lower than in some varieties of bologna, it keeps better-especially in hot weather.

New Ways to Vary the Use of Sturgeon Roe

MNE caviar is from the roe of the sturgeon. The enthusiasts on this exotic food usually disdain all but the fresh caviar with the gray-white translucent eggs, which, incidentally, costs \$15 or more a pound wholesale and from

\$1.50 to \$3 a portion in the hotels. Those who like the tang of caviar but not the prices of the fresh variety will welcome the salted product, which comes in tins and sells at about 30 cents an ounce. With due regard to its In serving combine the caviar

salty nature it can be served attractively and satisfactorily.

FROM the jerked beef of primi- | with a mild, unsalted base. For instance, add twice the quantity of mashed egg yolk to the caviar and fill the halves of the hard cooked eggs. For a canape mix four parts of cream cheese to one of caviar, season with lemon juice. Cover an oblong piece of toast and garnish with strips of plmento.

The Nisto caviar is of good analysis, with 30 per cent of protein and only 5 per cent of salt itself of true sturgeon origin. So this relish is a food, though nearly half (46 per cent) to water. A moist product for spreading and mixing with other materials, as suggested, and of good quality, relatively, for the price asked.

Some like the flavor of onion, chives and watercress with the caviar mixtures. Others prefer it served plain in egg cups or the more elaborate timbale or pastry cases. For the real lovers of caviar thin sandwiches of rye bread with a bit of lemon juice are the best of all, or an openfaced sandwich of the same.

The Aristocratic Pate

The yellow stone pots are sufficient in themselves to sell the pâte de fois gras within. But the pate is at once one of the richest and most delicate of hors d'œuvres. The flavor of the brand reported is particularly good-rich and smooth, with two pieces of truffle hidden in the bottom.

On the hors d'œuvre tray use

portions of the pate in cubes or oblongs, garnished with bits of parsley. Or make canapes by simply spreading the paste thickly on toasted oblongs of bread or small crisp wafers (not salted). For the tea tray make very thin sandwiches of white bread, but avoid serving these with any other decided flavor, as the pate is too delicate and too artistic to brook any competition. Fifty-four per cent of fat in this and 8.50 per cent of protein. Rich is right!

Anchovies, Fish and Paste,

HE little curled-up anchovies in glass bottles offer great possibilities. They can be served as they are, or as a garnish for | this line. flavor and looks. A more elaborate way is to serve them in egg rings, made by cutting the hard



irch slices and removing the yolk. Place on a round of toasted bread and grate the yolk over the

Another canape starts with an oblong piece of toast buttered lightly; next comes a thin layer of chopped green pickle, spicy and not too sour. Over this lay the anchovy, which has been uncurled enough to leave a center of one-half inch or less in diameter. Fill this with a ball of. either cream cheese or mashed and seasoned egg yolk and paprika on the top.

The product is over one-fourth protein and one-tenth fat, as becomes such a fish put up in oil. It is salty (14 per cent), not too much so for a relish, but beware of adding more salt in serving.

Use the Paste Various Ways

The anchovy paste is one of the most useful products for the hostess, making canapes and sandwiches and flavoring stuffed eggs and the like. Imitating a wonderful affair which appeared at a foreign restaurant, two tablespoonfuls of unsalted butter was creamed and one-half teaspoonful anchovy paste blended in. This was heaped on a slice of lemon by means of a pastry tube (or clever fingers with a spoon). The suspicion of lemon with the anchovy butter was delicious, especially when eaten with a hard, thin biscuit.

For a canape mix one teaspoonful of anchovy paste with four tablespoonfuls of cream cheese. Pile this diagonally on half of a square of toast, cover the other half with chopped sweet pickle.

A special supper bread is made of an English muffin, split and

The Plan of Work

THESE products have been subjected to a chemical test and shown to be of excellent quality and free from adultera-Cooking tests in the Institute Laboratory have been made to determine their edibility and adaptation to special uses.

The results obtained are reported in part on this page, and any further information desired may be obtained by application

Foods Tested

Beardsley's Star Brand Boneless Herring J. W. Beardsley's Sons, Newark, N. J.

Filleted Red Herrings E. Chemin, France

Anchovy Paste

Crosse & Blackwell, London, England

Sea Garden Brand Shrimp Davenport-Brooks Corp., Fernandina, Fla.

Black Sturgeon Caviar Nisto Caviar Co., 280 Broadway, New York City

French Anchovies Marcel Brand Brillat Brand Truffled Pate de Foie Gras

Lebanon Bologna Swift & Company, Chicago, Ill.

Societe Lazeran, Paris

with the undiluted paste. Put the halves together and warm it in the oven until piping hot.

The paste is very salty (36 per cent) and flavorful, but equally creamy and delicious. Use it cautiously or dilute it with blander foods, unless you know the tastes of your guests. Sweet butter is always best to use. With no preserves or artificial color, it stands well among products of this sort.

Shrimp Fresh in Looks and Taste Come Packed in Glass

PRESHLY boiled shrimp are a regular part of Continental

trays of appetizers. Not always obtainable outside of the seacoast cities, they may well be supplanted by the Sea Garden Brand. Packed in glass jars, the shrimp are unthis is deserves enthusiastic men-For an hors d'oeuvre serve them straight from the can or as a

have kept the sweet flavor of the

fresh shellfish and are hard to

identify from their taste and ap-

pearance as a canned product. A

food that is 20 per cent over-

weight and of the quality that

salad, with either French dressing or mayonnaise. For a canape they may be mashed down to form a shrimp butter-very delicate. However, delicacy is the shrimp's leading characteristic, and it is crisp and colorful, so we should waste no time "mashing" it, but lay the curled bits of pinkness on a green lettuce leaf with a bit of lemon jules or mayonnaise and enjoy both its looks and its flavor and save work. The methods of preserving and

shipping shrimp have been greatly improved in the last few years, and if you have not had the recently we suggest that y them another trial. The shrimp are not

salty (3 per cent) a products suggested. The eaten as a relish or in portions, and are less their nourishment consisting in about 19 per cent of protein, nearly 80 per cent being moisture. "Unusually fine in flavor and appearance," said our non-committal chemist in reporting these data. We made it unanimous.

Herring, Dried or in Oil, Offer Many Possibilities

THE dried boneless herring may be served in strips, but minced and added to mayonnaise they make a very economical and well flavored addition to the hors d'œuvre tray. The mixture may

Drain a jar of preserved strawberries-a cup of the fruit and one and one-quarter cups of the syrup three tablespoonfuls of gelatine with for twenty minutes. After the first ten minutes add the strawber-After completing the boiling add one-quarter cup of chopped pre-

Pour the mixture into a pan to a

A Spicy Bologna Mingles With the Aristoeratic Pate de Foie Gras, Anchovies and Russian Caviar

be spread on rounds of toast or on small square wafers (the toasted, unsalted variety). To add this minced herring to a potato salad, garnished with sliced tomatoes, sliced radishes and the yellow and white of quartered hard-boiled egg, gives new charm to an old friend.

These may be bought in bulk more cheaply, but the glassed fish was very good in texture and flavor (it has about 39 per cent of moisture, though a dried product, 25 per cent of protein and 23 per cent of fat), so that these fish have food value as well as flavor and are easily kept on hand. Ten per cent of salt is moderate for this product; there are no other preservatives, and in their glass tumbler they are always fresh and available (twenty-three strips three inches long for 12 cents). They make a good breakfast touch, too, with toast and eggs.

Filleted Red Herrings Quite a different fish dish is

provided by the filleted red herrings. This was a surprise package-and one deliciously adapted to just be turned into one compartment of the hors d'œuyres tray and served "as is." Put up in peanut oil, as claimed, there are three different fillets in this box, the regular outside pieces, a slice of roe of characteristic texture and a slender inside fillet apparently, cutting rather like liver. The flavor, variety and texture of these pieces afford a

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The Sign of



A Good Dealer



Gelatine Recipes From Soup to Nuts

But with a light hand with the gela-

cups) and add one teaspoon of salt, tractive. a quarter of a teaspoon of pepper- Tomato Jelly Salad corns, half a bay leaf, one table- Among the salads, of course, to- in one-quarter cup of cold water and spoon of minced parsley, one quart mato jelly is the standby. It may be dissolve in the liquid (one cup). thinly sliced onion.

of pimento cream.

For the pimento cream garnish beat six tablespoons of heavy cream, add two tablespoons of stiffly whipped egg white, and when the purée and a few grains of salt.

that is incidental. Too much of our For Canape and Sandwich eating is governed by the eye. This

bers and grate them or put them serve, cut in slices and lay on crisp overnight in a cool place, cut in cooked egg across in quarter- through the neat chopper, saving lettuce leaves. Garnish with mayon- squares and roll in powdered sugar.

SOME there be who because of the all the juice. Add one and one-half naise dressing and top with paprika. Seedless raisins or dates, chopped,

boil five to ten minutes. we are making only unusual sugges. mainder of the liquid jelly. Allow ness itself and just as delicious and ries and the juice of one lemon. . to stiffen. Unmold onto a serving sweet as though it were injurious; Celery Bouillon With Pimento platter, garnish with parsley and serve as the fish course or entrée.

Chop fine the outer pieces of a The delicate green of the jelly large head of celery (about two with the salmon is particularly at-

and a half of cold water, half a very ordinary. It may be one of the Add one-half cup of sugar and stir teaspoon of celery salt and half a bast of all possible salads if onion, a bay leaf, a clove or two, and a juice of one lemon and one-half cup Simmer until the liquid is reduced among the seasonings (strained out Strain into a limit of the seasonings) to a quart and strain. Stir in four later), and tiny cheese balls made into a cold place. When slightly chicken bouillon cubes and dissolve with chopped chives and paprika children bouillon cubes and dissolve with chopped chives and paprika in the bouillon two tablespoons of and salt are added to the nest of lar intervals. Allow it to stiffen gelatine which has been sosked in lettuce leaves. Celery salt and completely. one-quarter cup of cold water. Pour into a pay and chill Reat lightings. We have selected a somewhat into a pan and chill. Beat lightly more unusual jelly salad for dewith a fork and serve in bouillon tailed treatment with these "sea- until stiff. cups. Garnish with two teaspoons sonal" warnings about the basic tomato product.

Green Pea and Mint Jelly

Cook two cupfuls of peas with a few sprigs of mint, drain and seamixture will hold its shape blend in son with salt and papriks. Chop one a tablespoon and a half of pimento bunch of fresh mint and cook rapidly for five minutes in two and a half pastes made with gelatine and sugar Pink salmon or shrimp with green cupfuls of boiling water. (The and flavoring-quite the simplest cucumber jelly is an entree that no water drained from the peas may sweet imaginable with any flavoring one could pass by-the eye and the be used.) Add one cupful of sugar (orange, wintergreen, peppermint pulate are both sure to be pleased. and two tablespoonfuls of granu- et al.) desired. You need only four it is not done for the color scheme— lated selatine softened in half a tablespoonfuls of gelatine, four lated gelatine softened in half a tablespoonfuls of gelatine, four cupful of cold water. Cool and add cups of white sugar, 11/2 cups of time flavor and quality go with the one-fourth of a cupful cach of boiling water and one cup of cold orange and lemon juice and a tea- water. The gelatine is dissolved in of the sea," with a spiced tomato spoonful of tarragon vinegar, the cold water, the hot water added Strain, color with a few drops of with the sugar and the whole boiled jelly is another happy thought along green coloring matter and set in a fifteen minutes. When partly cold place. When it begins to stiffen cooled divide into different portions Salmon in Cucumber Aspic fold in the peas and mold in an and flavor and color as desired. Pare four medium sized cucum- oblong pan. Chill on the ice and Pour into shallow pans and let stand

rubbery, unflavored concoc- cupfuls of boiling water, two tea- When it comes to desserts, of may be added. tions offered them as "jellied con- spoonfuls chopped onion, salt to course, we reach the place where For the grown-ups here is a somme" think they do not like it. taste (about two teaspoonfuls) and possibilities are unending, whether luscious confection, gelatine made; Turkish Paste

as plain gelatine or intany number For two cupfuls of liquid take of combinations. This is where tine so that you have a quivering, one tablespoonful of gelatine, soak gelatine lives, so to speak, but it has delicate product and a heavy but it in two tablespoonfuls of cold long since pioneered into nearly and 16 per cent of fat, proving discriminating hand with the flavor- water and dissolve it in the hot every course of the meal. It is an ing you have an ideal introduction liquid. Cool. Half fill a large mold admirable idea from the stomach's are needed. Pour the syrup over to a meal or a perfect "snack" for the invalid's tray. It "goes down" jellied lay in a piece of cooked rich puddings with the delicate, for twenty minutes. After the so easily. The consommé and to- salmon, or make a nest of laked light, easily digested gelatine desmato bouillons are easily jellied, so salmon and cover with the re-serts. The following is wholesome-

> Jellied Figs "Exquis" Wash eighteen whole figs and boil in two cups of water until the depth of an inch. Let it stand overskin is tender. Drain, reserving the night to harden. Cut into cubes

Soften one tablespoon of gelatine until dissolved. Cool and add the

To one cup of double cream add ene-quarter cup of powdered sugar Turn the jelly out into a glass

serving dish and pile the whipped cream in the center. Gelatine in Candy for

Children and Grown-Ups And for the after-dinner confection or the children's promised top-off there are the fruit or flavored

served pineapple.

and roll in powdered sugar.